

# What is the relationship between consumption of plant n-3 fatty acids and risk of cardiovascular disease? (DGAC 2010)

## Conclusion

Alpha-linolenic acid (ALA) intake of 0.6-1.2 percent of total calories will meet current recommendations and may lower cardiovascular disease (CVD) risk, but new evidence is insufficient to warrant greater intake beyond this level. Limited, but supportive evidence suggests that higher intake of n-3 from plant sources may reduce mortality among persons with existing CVD.

## Grade: Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

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## Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between consumption of plant n-3 fatty acid and risk of cardiovascular disease?](#)

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## Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[n-3 Marine and Plants](#)